

Heart and Home Talks

by Barbara Boyd

HOW TO BE HAPPY.

A club has been formed in New Jersey for the purpose of creating and disseminating happiness. It isn't so theoretical as it sounds, for the founder and members have evolved a practical, matter-of-fact way of going about the business of making happiness and have proved by actual experiments that it can be successfully done.

It all came about through a bishop's son trying to do something in response to the sorrowful appeals for advice and cheer received by his father. It seemed to him, as he pondered the matter, that the world was in need of more happiness, so he started to see if he could not furnish it in some way. When he went to work, he had one member of the club besides himself. Today, there are five thousand of them, happy as larks and enthusiastically trying to make others happy. The club formed in New Jersey is an offshoot from the parent club.

After studying the matter, the bishop's son decided that happiness is both a physical and psychological matter, that it begins with conservation of energy. He is practical, you see. He gets down to the root of the whole business, and though he seems at the start, far away from the end in view, he leads the seeker after happiness to the goal, by sure and sound steps.

In describing his work and methods, he says, "First, for those seeking happiness, I analyze energy to see what it is. I ask them, 'What is human energy, where does it come from, what various expressions does it manifest, what factors in life bear directly on it? and so on. Next I ask, 'Why should we want to conserve energy? Conservation of anything is negative instead of positive, and destructive instead of constructive. The idea of economizing energies is depressing, restrictive and paralyzing.'

"I tell my inquirers that the motive in life should be to use energy in a larger, more effective way, not to fritter it away upon small details, but to save it to use in something big. My third point is, 'How to make energy,' and my fourth, 'How to keep it.'

"The modern woman knows that human energy is too valuable to be wasted upon small details. I go on to tell them that the production of energy is physical and emotional, and the conservation of energy, mental and spiritual. In the first case, I deal with the making of physical energy through proper eating, sleeping, bathing, exercising and the like. In the second instance, I take up the mental and spiritual aspect of the question, and tell how better poise and concentration of mind may be attained. Scattering of forces is the chief cause of lack of energy."

There is more than a grain of truth in this doctrine when you come to think about it. There is a whole granary. The people who fairly radiate energy and vitality are rarely unhappy. They simply can't be. Their energy compels them to do things, and when one is doing things with heart and soul, one cannot be very unhappy.

The blue, despondent people are usually the ones whose vitality is low. They feel generally miserable, mentally and spiritually, and this seems to them their real and only condition. But underneath, is a weak or wrong physical condition that is largely the root of the trouble.

Also, when a woman is using her energy in "something big," she is keenly interested. Unhappiness finds no room in her mind to poke its nose in.

Even if a woman doesn't have the opportunity to join the club that has been formed for the creation of happiness, she can put into practice for herself some of the methods. She can build up her energy. She can conserve her energy, and she can use it to further some one ambition, instead of frittering it away upon numberless little things leaving her with nothing achieved and filled with discontent.

The woman who is given to gloom and the blues should try a little happiness making along these practical lines, and she will find the face of the world becoming bright with sunshine.

Barbara Boyd

THE STORY OF JAMES D. DOLE

Every now and then some one rises to remark that a college education unfits a man for business success. And the unheeding accept the dictum. Then there are a number of others who mourn that "a young man cannot get ahead today as fast as he could thirty or forty years ago." It is true that many men who have succeeded have not had a college education, and it is equally true that many men with a college education do not succeed. And so it is too, that the twentieth century records its percentage of failures, but it records, too, its percentage of successes, which, upon analysis, will be found to be equally as great as any year of the nineteenth century.

One of the cases in point is that of James D. Dole, a Boston boy, who has become a commercial king in Hawaii. Ten years ago he was graduated from Harvard College and planned to make a name and fortune. Belonging to prominent New England family, he was the son of a Unitarian clergyman, and came of a stock well known in literature and politics, into which his family hoped he would go. Dole, however, preferred the big out of doors, and chose to study agriculture, with a view to specializing in some promising branch—say fruits.

Now, fruits are so many that a closer choice seemed necessary, and young Dole began a general investigation, which resulted in his deciding to grow pineapples, provided the possibilities of this fruit would stand close scrutiny.

He took what money he had and went through pineapples in the same way that a medical specialist would study his field, or a painter his. Here, then, was a young college man who, having gripped an idea, put all his energies into developing it from every possible standpoint. He studied the culture of the fruit in England, where it is grown under glass and is very costly, often bringing a guinea apiece. This method, manifestly, could not be adopted to the wide ideas of young Dole, so he kept on hunting. At last he found what he considered an ideal field for his theories in Hawaii.

The pineapple is one of the most satisfactory of fruits, when grown in

a climate semi-tropical in character, where there is no danger from frost and where insect enemies of the plant are few and not especially destructive. The aphid is a little troublesome, and so is a form of scale, but both have been fought successfully by entomologists. As to soil, the pineapple is not very particular, except in the matter of moisture. Too much moisture will rot the roots of the plant, and too little will reduce the size and juiciness of the fruit. The plant is a rich feeder, and thrives the better for good dressings of commercial fertilizer or in ground where green crops have been plowed under.

But in still another respect the pineapple is a remarkably peculiar fruit. It is almost an air plant. Its hold in the soil is very slight, for a vigorous kick will well nigh uproot a sturdy plant. It seems to require chiefly direct sunshine, plenty of moisture and oxygen. The formation of the leaves of the pineapple is such that each individual leaf becomes a channel for a stream of dew that runs right to the base of the fruit of the plant and does not run into the ground, but is absorbed by the one luscious pineapple which each plant bears.

And yet, given the proper soil and climate, the right amount of sunshine and rain and dew the choice of the variety to be grown and the most careful cultivation is still absolutely necessary to secure maximum results. The variety Mr. Dole selected was the "Smooth Cayenne"—as fine as any anywhere—and the care used in keeping the ground mellow and the weeds down gives surprising regularity in size, ripeness and perfection of the fruit the fields produce. At maturity it weighs from seven to nine pounds, and when perfectly ripe is luscious—as juicy and tender as a peach.

In Hawaii wood is scarce, as it is in almost all semi-tropical climates. Wood which does not grow outside of the pineapple cannot grow in it. So pineapples grown in such surroundings—picked ripe and eaten where picked—have none of the woody fiber peculiar to tropical varieties. There are advantages and disadvantages about this absence of woody fiber. The "Smooth Cayenne" grown in Hawaii is no traveler. It takes the

"H. I. M. THE EMPEROR OF AMERICA" AS SEEN BY PUNCH

LONDON, September 17 (By telegraph to Clifton, Ireland; thence by wireless to the Philadelphia Ledger.)—England has probably never taken a keener interest in the dominant politics of the United States than it is doing now. The leading papers almost daily publish long dispatches which are a refreshing change from the sensational fatigues that the London press, generally speaking, too often serves up to its readers as American.

Roosevelt's personality is, of course, the chief reason for this unusual interest. Among Englishmen who met him during his visit here there is an almost unanimous conviction that he will again be President, and it is by no means rare to find the belief that his next occupancy of the White House will be marked by developments toward a dictatorship.

Punch this week satirizes this idea in an article headed "H. I. M. The Emperor of America," and purporting to be sent to the London Times on October 4, 1910 by its New York correspondent. Some extracts follow:

"This morning, Mr. Roosevelt by a daring coup de main has overthrown the Republican institutions under which these states had existed for 134 years, possessed himself of the supreme executive power and has promptly been proclaimed Emperor of America."

"This astounding revolution has so far been unaccompanied by any effusion of blood. The secret, though it should have been known to 100 conspirators, had been well kept and the strong measures taken by His Imperial Majesty and his friends paralyzed the spirit of resistance that might otherwise have manifested itself."

"At 5 a. m. the White House was surrounded by a strong detachment of Rough Riders and Mr. Taft and his family were arrested in their beds. They were subsequently conveyed to an unknown destination. At the same time the Vice President and members of the Cabinet were seized and imprisoned. The chiefs of the army and navy have already sworn allegiance to the new sovereign."

"At 10 a. m. His Majesty, attended by a princess of the Imperial House and accompanied by a brilliant suite, rode through the streets of Washington amid deafening popular acclamations."

"Halting before the Capitol he made an impassioned speech calling on all those who valued stability of government and believed in his policies to rally round his throne and his person. He had, he said, entrusted the preservation of public order to the editorial board of the Outlook, and any complaints ought to be addressed to them, though for his part he could not conceive that any loyal subject should want to complain of anything. The great policy of conservation would now be carried out."

"His Majesty concluded by saying that he was having a 'bully time.'"

"Later, the New York American, in a special edition published at midday, calls upon the population to rise against the usurper. Hearst has been

poor, hard, woody, old-fashioned kind to ripen in the holds of the vessels. Therefore, very few pineapples are exported raw, and most of these go to the Pacific Coast markets."

Since pineapples were not planted merely to please the eye of the owner, the problem which confronted the farmer was that of marketing his crop profitably. To Mr. Dole the idea was to get the fruit to the States in as perfect shape as he himself enjoyed it in in Honolulu. Here was another problem in specialization. The fruit was picked at its best, perfectly canned, and was delivered to the American housewife, and the young Boston college man who started with forty acres now has thousands of acres and millions of cans of pineapples.

But there was still another problem in his specialization. It is the juice of the pineapple which is pleasant to the buyer, and if this juice could be exported by itself, there would be much conservation both of energy and expense. Dole experimented and perfected a process which would preserve the full flavor of one of those globules of solidified juice which make up the pineapple eaten where grown, and without the addition of even a small amount of sugar, which is usually used in canning. His idea developed into bottles of pineapple juice which contain not a single added thing, no sugar, no water, nothing but the pure product. It took three years of infinite care to accomplish this and to establish the extraordinary method of refining and bottling to obtain just what was wanted. But the result from the sun-ripened Hawaii pineapple has justified the effort.

arrested and will be tried on the charge of treason."

"W. J. Bryan, in an interview, declares that he suspected the Emperor from the beginning. The triumph of the Democrats he thinks is now insured."

"The Evening Post announces that the Emperor is an unscrupulous prevaricator, and declares that no self-respecting American can consent to bow the knee to him. The offices of the paper have since been destroyed by an infuriated mob."

"Mr. Rockefeller has taken refuge in a church and refuses to come out. The Emperor is now engaged in composing a message of 100,000 words strongly affirming both the Monroe Doctrine and his own right to empire and crown. As soon as the message has been delivered Congress is to adjourn for an indefinite period."

Punch follows this dispatch with an alleged extract from the Spectator of the following Saturday. The proprietor and editor of The Spectator is St. Loe Strachey, a personal friend of Mr. Roosevelt. The extract says:

"We cannot pretend to be surprised by the news which has reached us from America this week. But Mr. Roosevelt (if we may be pardoned for speaking of him by the name which is now merged in a more splendid and we believe a more appropriate title) should assume the imperial purple. It cannot startle any one who has made himself conversant, as we have endeavored to do, with the tendencies of American public life and the opinions of American public men, and especially of Mr. Roosevelt himself."

"There can be no harm in saying that during his recent visit to this country Mr. Roosevelt expressed to a few intimate friends his contempt for all non-despotic systems of government. He thought that when America managed to shake off republican institutions men of sense and honest capability would come by their own."

"This was his ideal, and he could not help feeling—the expression is his own—that it was a 'bully' ideal."

"We cordially congratulate His Imperial Majesty and his local subjects on what has taken place. We are among those who believe that his Majesty is, with perhaps the exception of the Archbishop of Canterbury and William Pitt the Younger, the greatest, strongest and most statesmanlike man in existence."

JAVA SUGAR FRISCO FRAUDS

SAN FRANCISCO, October 1.—Special Treasury Commissioner H. H. Waters called upon the representatives of the Western Sugar and of the California and Hawaiian Sugar companies yesterday to furnish him with certain data from their books showing the polariscope tests and the duties paid in accordance therewith upon cargoes imported from Java. Sugar pays a rate of duty varying with its quality as shown by the polariscope test, the higher grades paying the heavier duty.

This action of the Commissioner would seem to imply that the Treasury Department is gathering evidence against the sugar trust in New York on a different line from that of cheating by false weights, and that the department suspects that the government has been defrauded at that port by means of false polariscope returns, thus admitting sugar of a high grade at the duty of the lower grade.

Shipments of sugar from Java of the same crop to the ports of San Francisco and New York are being compared to ascertain whether any discrepancies exist in the polariscope readings.

Should such be found, the Federal officials hold that it will be evidence that the lower polariscope reports were obtained by bribery and collusion to enable importers to escape the payment of the proper duties. The valuations by the customs officers at this port for a long series of years past are being compared with those of the New York Custom-house for the same period on crops coming from Java at the same season and from the same plantation.

In the absence of direct proof that any customs officials at this port or New York have been bribed to make false reports as to quality, any evidence of inequality between the reports of the two cities will be merely circumstantial, but will be expected to corroborate other evidence not yet made public on this phase of misconduct.

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LAUGHTER CAUSES

A TAILOR'S DEATH

FRESNO, Cal., September 25.—N. C. Shahbazian, a popular member of the Armenian colony here, died at his home at 221 M street as the result of a funny story told a couple of days ago at a housewarming party that he attended. Shahbazian, who is a tailor by trade, had a great reputation for his genial nature. A friend was narrating his experiences on a hunting trip several days before, when Shahbazian was so tickled with the story that he began to laugh immoderately. His friends were terrified when he broke

a blood vessel at the base of the brain and tumbled over unconscious. He lingered for two days without recovering consciousness.

The steamship Redhill, which arrived at Seattle from the Orient on September 30, sighted wreckage, lumber and large dressed timbers, many of them thirty feet long, about fourteen miles off Cape Beale, Vancouver island, last Sunday. The lumber is supposed to have been from the deck load of some vessel.

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